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## Practical paleo book

CLICK HERE TO GET THE BOOK RESOURCES! Learn why avoiding both processed foods and foods marketed as “healthy”—like grains, legumes, and pasteurized dairy—will improve how you look and feel, lead to lasting weight loss, and reduce or completely eliminate symptoms associated with common health disorders! The book includes the whys and hows of eating Paleo, 14 customized meal plans for everything from fat loss and athletic performance to adrenal health, digestive health, thyroid health, and more, and more than 150 easy, healthy recipes. The book includes the whys and hows of eating Paleo, 14 customized meal plans for everything from fat loss and athletic performance to adrenal health, digestive health, thyroid health, and more, and more than 150 easy, healthy recipes. SEND ME THE BOOK RESOURCES! 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Learn how food works in your body in simple language.Learn why everything you’ve been taught about good nutrition is wrongThe Poop Pageant is a reader favorite!Because you’re unique, and your food should be, too.From Pumpkin Pancakes and Crustless Quiche to meatballs and flourless brownies.CLICK HERE TO GET THE RESOURCES! Guide to Food Quality (making sense of labels like organic, natural, etc.) Paleo Foods List (to make grocery shopping easy) Stocking a Paleo Pantry (spices, dry goods, etc.) Guide to Sweeteners (the good and the bad) Guide to Fats & Oils (which to eat and which to ditch) Cooking Fats (the best may not be what you think!) Paleo Carb Sources (no, Paleo doesn’t equal low-carb) Finding Hidden Gluten (it can be sneaky) Plus... complete Shopping Lists for each of the 11 meal plans in the book and a Pantry Shopping List that covers all of the meal plans! SEND ME THE BOOK RESOURCES!PALEO 101 \*\*\* SEO Over the last few decades, we’ve forgotten what “real food” is—and we’re left desperately seeking foods that will truly nourish our bodies. Practical Paleo explains why avoiding both processed foods and foods marketed as “healthy”—like grains, legumes, and pasteurized dairy—will improve how you look and feel and lead to lasting weight loss. PRACTICAL RESOURCES \*\*\*SEO Practical Paleo contains tons of easy to understand resources to support you in the transition to Paleo. It’s like basically like your 3rd grade science book, but better. The book has one-page guides for all the basic Paleo principles. Cheat sheets for supportive nutrients the top major health issues and actionable tips for creating lasting lifestyle changes. EASY RECIPES \*\*\* SEO Practical Paleo is jam-packed with over 120 easy recipes, all with special notes about common food allergens including nightshades and FODMAPs. These recipes are simple, delicious and 100% Paleo. Your favorites are bound to become staples in your weekly cooking repertoire. 30-DAY MEAL PLANS \*\*\* SEO There are 10 therapeutic meals plans in Practical Paleo for the most common health issues such as digestive health, fat loss, autoimmune, thyroid support and tons more. Each meal plan has supportive nutrient and lifestyle recommendations with printable shopping list PDFs. Can I help you find a topic or episode? © 1996-2014, Amazon.com, Inc. or its affiliates Hopp til hovedinnholdetBøker/Hobbybøker og fritid/Kokebøker/Diett og helsekostA Customized Approach to Health and a Whole-Foods LifestyleIkke tilgjengelig for Klikk&HentPå nettlager. Bestilles fra England. Leveres normalt innen 5-8 virkedager. Kjøp medBytt i alle våre butikkerKlikk og hent hvis du har kjøpt denne boka hos oss, del din leseopplevelse med andre.Om kundevurderinger i ARKAlle som ønsker å vurdere et produkt i ARK må være innloggede brukere og verifiserte kjøpere.5 stjerner: 0%4 stjerner: 0%3 stjerner: 0%2 stjerner: 0%1 stjerne: 0%Første salgsdato06.09.2016ForlagVictory Belt PublishingBoktips og inspirasjon fra Norges største bokhandel With more than half a million copies sold, the first edition of Practical Paleo revolutionized the way we think about food and our bodies. Dubbed “The Paleo Bible” by readers, it explained how simply eating real, whole foods and avoiding processed, refined foods can improve our health—including reducing or even eliminating symptoms associated with common health disorders. Now, this second edition has been updated to include new information, answer common questions, and make it even easier for you to customize your diet to meet your personal health goals. What’s new? TWO ENTIRELY NEW CHAPTERS • “Getting Started with Paleo” shows you step by step how to switch to the Paleo way of eating, whether you want to go all-in all at once or transition gradually over time. This chapter also includes a more comprehensive explanation of the 4R Protocol, which walks you through removing harmful foods, repairing the gut, re-inoculating with beneficial bacterial, and reintroducing foods that were previously eliminated. • “Living the Paleo Lifestyle” offers tips and suggestions for navigating holidays and parties, talking to friends and family about Paleo, getting your kids involved in the kitchen, and much more. 3 NEW 30-DAY MEAL PLANS • The new meal plans provide guidance for addressing common health concerns: Adrenal Health (stress management), Healthy Hormones (for both women and men), and Liver Detox Support. • There’s also a new detailed guide to finding the meal plan that’s right for you, so you can get the health benefits you need with the fewest restrictions. 40+ NEW RECIPES! • These brand-new, mouthwatering recipes range from breakfast foods to family-friendly weeknight meals—many of which are one-pot or meal-in-one and use budget-friendly proteins. • Recipes from the last edition have been updated based upon reader feedback over the years • There’s also a new guide to special ingredients and where to find them Additions throughout the book explore new topics, such as when eating low-carb can actually be a problem, how stress affects the adrenal system, and why the government changed its mind about dietary cholesterol. The organization has been extensively revised to make the valuable information on food and how it affects the body more user-friendly—and easier to apply to your own health needs. Practical Paleo has proven to be the resource people reach for again and again for information on healthy living, delicious recipes, and guidance on changing your diet to improve your health. CLICK HERE TO GET THE BOOK RESOURCES! Learn why avoiding both processed foods and foods marketed as “healthy”—like grains, legumes, and pasteurized dairy—will improve how you look and feel, lead to lasting weight loss, and reduce or completely eliminate symptoms associated with common health disorders! The book includes the whys and hows of eating Paleo, 14 customized meal plans for everything from fat loss and athletic performance to adrenal health, digestive health, thyroid health, and more, and more than 150 easy, healthy recipes. 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